

# ASEXUALITY 101

## BY THE NUMBERS

Asexual people (or aces) experience little or no sexual attraction. While most asexual people desire emotionally intimate relationships, they are not drawn to sex as a way to express that intimacy.

### ASEXUALITY ISN'T

- ❖ Abstinence because of a bad relationship
- ❖ Abstinence because of religious reasons
- ❖ Celibacy
- ❖ Sexual repression, aversion, or dysfunction
- ❖ Loss of libido due to age or circumstance
- ❖ Fear of intimacy
- ❖ Inability to find a partner

### ACES MIGHT

- ❖ Want friendship, understanding, and empathy
- ❖ Fall in love
- ❖ Experience arousal and orgasm
- ❖ Masturbate
- ❖ Have sex
- ❖ Not have sex
- ❖ Be of any gender, age, or background
- ❖ Have a spouse and/or children

28%



of the community is 18 or younger

32%



of the community are between 19 and 21

19%



of the community are currently in high school

40%



of the community are in college

20%



of the community identify as transgender or are questioning their gender identity

41%



of the community identify as part of the LGBT community

Source: Asexy Community Census  
<http://www.tinyurl.com/AsexyCensusResults>

## USEFUL TERMINOLOGY

**Aromantic** – people who experience little or no romantic attraction and are content with close friendships and other non-romantic relationships.

**Demisexual** – people who only experience sexual attraction once they form a strong emotional connection with the person.

**Grey-A** – people who identify somewhere between sexual and asexual on the sexuality spectrum.

**Queerplatonic** – One type of non-romantic relationship where there is an intense emotional connection going beyond what is traditionally thought of as friendship.

**Romantic orientations** – Aces commonly use hetero-, homo-, bi-, and pan- in front of the word romantic to describe who they experience romantic attraction to.





Rejection by a partner or love interest for coming out.

Teenagers who choose not to have sex are bullied because of it and are called “anti-social,” “weird,” “broken,” or “sick.”

Commentary that excludes or degrades non-sexuality, such as “Everybody has sex, what’s wrong with you?”

LGBT communities aren’t universally supportive of asexuality.

Feeling empty, isolated, and/or alone.

Asexual people can feel broken or damaged and can foster internalized distress over asexuality.

Male identified asexual students are sometimes labeled as gay which leads to bullying or rejection by peers.

Some hate being asexual and wish that they could change.

Asexual-asexual relationships are rare; many asexual people date and form relationships with non-asexual people.

Some aces voice a fear of never finding a partner who would accept them for who they are and/or worry that they will grow old alone.

Female identified asexual students can be singled out for being “prudes” or “selfish.”

Parents and friends can have a variety of reactions to someone coming out as ace, even ones who are supportive of LGBT issues.

Aces who choose to be out on campus may be targets of bullying.

## ADDITIONAL RESOURCES

AVEN

Asexual Awareness Week

Asexual Explorations

Being an Ally

Hot Pieces of Ace

<http://www.asexuality.org>

<http://www.asexualawarenessweek.com>

<http://asexystuff.blogspot.com/>

<http://tinyurl.com/BeAnAceAlly>

<http://www.youtube.com/HotPiecesofAce/>



Asexual Pride Flag

B E A C E P O S I	Instead of saying...	Try saying...
	Asexuality can’t exist.	<b>Asexuality is a sexual orientation just like bi, gay, lesbian, and pan.</b>
	You will know when it’s time to have sex.	<b>Love doesn’t equal sex.</b>
	Have you seen a doctor?	<b>There are many happy, healthy relationships that don’t have sex involved in them.</b>
	This will pass, it is just a phase. Everyone wants sex sometimes.	<b>Sexuality is fluid and exists on a huge spectrum. There are many different types of sexuality.</b>
	Sex is a natural part of adult relationships.	<b>Sex and sexuality are complicated to figure out. Give yourself time and space to explore what you are feeling.</b>